Amendments to the Specification

Please replace the paragraphs on page 6, lines 17-22 with the following:

figures 2, 3 and 4 are side views in longitudinal section of the figure 1 insole taken along the lines [[A-A]] II-II, [[B-B]] III-III, [[C-C]] IV-IV, respectively, in figure 1;

figures 5, 6, 7 and 8 are cross-sections of the figure 1 insole taken along the lines [[D-D]] V-V, [[E-E]] VI-VI, [[F-F]] VII-VII and [[G-G]] VIII-VIII respectively in figure 1 ; and

Please replace the paragraph beginning at page 7, line 22, with the following:

In a practical embodiment shown in the figures, relating to an insole of size 42, consider the median longitudinal plane X-X of the insole, corresponding to the sagittal plane of the foot, the longitudinal plane [[A-A]] II-II at a distance of approximately 20 mm from the plane X-X in the direction of the inside edge of the insole, the longitudinal plane [[B-B]] III-III at a distance of approximately 10 mm from the plane X-X in the direction of the outside edge of the insole, and the longitudinal plane [[C-C]] IV-IV at a distance of approximately 33 mm from the X-X plane in the direction of the external edge of the insole. In the section in the plane [[A-A]] II-II shown in figure 2, the thickness of the insole at the anterior end may be of the order of 6 mm, while its thickness in a median

area may be of the order of 11 mm and its thickness at the posterior end may be of the order of 9 mm. Similarly, in the section in the plane [[B-B]] III-III, the front thickness is of the order of 6 mm, the central thickness is of the order of 12 mm, and the posterior thickness is of the order of 8 mm. Finally, in the plane [[C-C]] IV-IV, the anterior thickness is of the order of 6 mm, the central thickness is of the order of 10 mm and the posterior thickness is of the order of 8 mm.

Please replace the three paragraphs beginning at page 8, line 14, and ending at page 9, line 2, with the following:

Consider next the transverse planes relative to the front end 1a of the insole : the plane [[D-D]] V-V is approximately 5.5 cm from the front end of the insole, the plane [[E-E]] VI-VI is approximately 11 cm from the front end of the insole, the plane [[F-F]] VII-VII is approximately 16.5 cm from the front end of the insole and the plane [[G-G]] VIII-VIII is approximately 22 cm from the front end of the insole.

In each of the transverse planes, the thickness of the insole decreases to nothing along the inside edge and along the outside edge. The central thickness varies as a function of the transverse plane concerned. Moreover, the main lower surface 2 is convex, whereas the main upper surface 1 is concave. Accordingly, in the plane [[D-D]] V-V shown in figure 5, the concavity of the main upper surface 1 forms a recess approximately 5 mm deep, and likewise in the transverse plane [[E-E]] VI-VI shown in figure 6. In the transverse plane [[G-G]] VIII-VIII shown in figure 8, the recess is approximately 12 mm deep.

The length of the size 42 insole is 27.5 cm. Its width varies as a function of the transverse plane concerned: the width is approximately 8.5 cm in the transverse plane [[D-D]] V-V, approximately 9.5 cm in the plane [[E-E]] VI-VI, approximately 7.5 cm in the plane [[F-F]] VII-VII and approximately 7 cm in the plane [[G-G]] VIII-VIII.

Please replace the two paragraphs beginning at page 13, line 22, and ending at page 14, line 24, with the following:

The position and the size of the bearing regions of lower relative stiffness or hardness can also be seen clearly in figures 2 to 4 in longitudinal section and in figures 5 to 8 in cross section. In the cross sections, there is a clear distinction between the distribution of the main surface bearing regions of lower relative stiffness or hardness and the main surface regions of higher relative stiffness or hardness. In particular, in the section in the plane [[D-D]] V-V shown in figure 5, the peripheral border 10 is approximately 10 mm wide along the inside edge of the insole and approximately 15 mm wide along the outside edge of the insole; in section in the plane [[E-E]] VI-VI shown in figure 6, the peripheral border 10 is approximately 6 mm wide along the inside edge and approximately 25 mm along the outside edge; in section in the plane [[F-F]] VII-VII shown in figure 7, the peripheral border is very wide along the inside edge and is approximately 12 mm wide along the outside edge; finally, in section in the plane [[G-G]] VIII-VIII shown in figure 8, the peripheral border 10 is approximately 12 mm wide along the inside edge and approximately 14 mm wide along the outside edge.

Considering the cross sections in the planes [[D-D]] V-V, [[E-E]] VI-

VI, [[F-F]] VII-VII and [[G-G]] VIII-VIII shown in figures 5 to 8, respectively, it is clear that the disposition of the upper surface bearing regions of lower relative hardness, surrounded by adjacent upper main surface regions of higher relative hardness, promotes effective lateral retention of the insole on the foot and opposes any sliding or rotation of the insole relative to the foot. For example, it is clear in figure 5 that, as a result of the deformation under load of the anterior bearing region 6, the first major bearing region of the foot consisting of the toes 21-25 is guided laterally at the ends 6a and 6b of the anterior bearing region 6 by the adjacent portions of the insole of higher relative stiffness or hardness, consisting in the present instance of the lateral portions of the peripheral border 10, which are deformed less and constitute a lateral rim.